

<p>Ballet -- Beginning & Intermediate \$10/month -Intermediate 4:00 pm – 5:00 pm; Monday, Wednesday, Friday -Beginning 4:00 pm – 5:00 pm; Tuesday & 3:00 pm – 4:00 pm; Friday A basic ballet class can give you a challenging and rewarding opportunity to strengthen, stretch and tone your body. Learn body placement, line and musicality using original French terms for movements and steps.</p>	<p>Parkinson's Exercise Class FREE 11:00 am – 11:45 am; Tuesday and Thursday This class is designed for individuals with movement disorders such as Parkinson's Disease and consists of stretching, strengthening, balance, breathing, and vocalization. Caregivers are encouraged to participate and assist with exercises. This class is not intended to replace therapy and is not medically supervised.</p>
<p>Body Fit \$35/month 5:30 pm – 6:30 pm; Tuesday and Thursday. This hard working class utilizes stability balls, free weights, and resistance bands to tone and strengthen the muscle groups, as well as, a variety of exercises to target and work the upper body, lower body, and abdominals. The class will also incorporate stretching to enhance flexibility. All levels welcome! This class has a waiting list.</p>	<p>PEPPI (Peer Exercise Program Promotes Independence) FREE 8:00 am – 9:00 am; Tuesday and Thursday or 10:00 am – 11:00 am; Tuesday and Thursday or 12:00 noon – 1:00 pm; Tuesday and Thursday A very popular class that introduces you to exercises designed to restore mobility, strength and balance. If you have not exercised for a while and want to re-tune your body, this is where you want to start.</p>
<p>Body Sculpt for Women \$25/month 8:00 am – 9:00 am; Monday, Wednesday, Friday Body Sculpt for Women is designed to teach and practice weight training exercises geared to women's goals and objectives in a group setting. This class will provide exercise sessions as well as educational fitness information and it will focus on exercises utilizing free weights and as well as your own body weight.</p>	<p>Pilates \$20/month 2:00 pm – 3:00 pm; Tuesday and Thursday (\$20 per month) Pilates uses slow focused movements to improve abdominal and back strength and tone all the major muscle groups. This class will strengthen "core" muscles which support the back and improve balance. Previous exercise experience recommended</p>
<p>Boomer Boot Camp \$35/month 10:00 am – 11:00 am; Monday, Wednesday, Friday This high intensity class combines cardiovascular, resistance and sports conditioning training. It's physically challenging and emotionally uplifting. Be ready to work hard! Bring a bottle of water, you'll need it! Very popular!</p>	<p>SilverSneakers® classes -Cardio 1:00 pm – 2:00 pm; Monday, Wednesday, Friday -Classic 11:00 am – 12:00 pm; Monday, Wednesday, Friday -Yoga 9:00 am – 10:00 am; Tuesday and Thursday SilverSneakers group exercise classes are designed specifically for older adults and taught by specially certified instructors. These are free to SilverSneakers members, but non SilverSneakers can pay to take the class.</p>
<p>F.I.T. Boot Camp \$35/month New Class 5:30 pm – 6:30 pm; Monday and Wednesday Fitness Intensity Training! This higher intensity workout class will have you doing things like plyometrics, exercise balls, and hand weights, as well as the basic core exercises like sit-ups, push-ups, resistance and sports conditioning training. No special skills are required only a good work ethic and the will to better yourself!</p>	<p>Slow and Easy Yoga \$20/month 3:00 pm - 4:00 pm; Monday and Wednesday This class is great for beginners. No experience necessary. It's a slower, gentler mix of yoga and pilates where you will practice details of poses and learn safe practice techniques while still being challenged by new variations of poses. Get that toned, flexible body while improving your health.</p>
<p>Fitness Fusion \$25/month 9:00 am – 10:00 am; Monday, Wednesday, Friday This class contains all the elements needed for a stronger, healthier body: cardio for the heart and lungs, resistance for stronger, toned muscles and stretching for flexibility and balance, fused into a "you can do this" format designed to invigorate the mind as well as the body.</p>	<p>Tai Chi \$25/month 12:00 pm – 1:00 pm; Monday, Wednesday, Friday An excellent class that emphasizes slow and relaxed movements, coupled with free breathing, mental focus and correct body use to make it an excellent tool for self-healing and development. Tai Chi can increase bone mass density, lower blood pressure, increase stability and increase range of motion in joints.</p>
<p>Hatha Yoga \$20/month 1:00 pm – 2:00 pm; Tuesday and Thursday Hatha Yoga is appropriate for experienced students We will practice details of poses and learn safe yoga practice techniques while still being challenged by new variations of poses.</p>	<p>Yoga - Core \$25/month 5:30 pm – 6:30 pm; Tuesday and Thursday (Meets in Game Room B) A more challenging mix of yoga exercises and pilates type core-strengthening. Beginners are still welcome, but not appropriate if you are recovering from an injury or surgery.</p>